

Wellness Committee Meeting

December 9, 2008



Agenda

1. Introductions
2. Reports from Members' Research Related to February 2nd Institute (and March 24th Wellness Fair)
 - A. Wellness keynote address
 - B. Breakout sessions
 - ✓ nutrition
 - ✓ cooking
 - ✓ physical activity
 - ✓ Brain Gym
 - ✓ Other
 - C. Refreshments and/or lunch
3. Development of Draft Schedule for Institute Agenda
4. Action Plan for Institute
 - A. Tasks
 - B. Timeline
 - C. Subcommittee meetings prior to December 19th
5. Other Items from Members

Next Whole Group Committee Meeting: January 22, 2009